



# Clemson Sandhill Farmers Market

## Gardeners Urged to Discard Veggie Survivors of Flooding

*Courtesy of our friends at the [Charleston Post and Courier](#).* South Carolinians who buy their produce shouldn't have to worry about the food safety threat posed by flooding, but Clemson Cooperative Extension Service agents are concerned home gardeners will expose themselves to risk by eating fruits and vegetables that spent time under water.

"We always say, 'when in doubt, throw it out,' " says Extension Food Safety Associate Kimberly Baker. "The biggest issue is getting that message out to gardeners."

Under federal law, farmers have been instructed to trash any contaminated crops, even if the edible portion of the plant remained above water during last month's devastating floods. Furthermore, they're required to wait 60 days before replanting.

Baker acknowledges it's difficult for farmers whose fields were ravaged by the storms to discard crops that look healthy, but according to the FDA, there is no cleaning method that effectively washes away heavy metals and pathogens, such as E. coli and salmonella.

"Cooking would reduce (the risk), but we don't want any risk," Baker says, referring to a protestation she frequently hears from home gardeners who are equally reluctant to get rid of their lovingly grown tomatoes. Only if four weeks elapse between a flood receding and the edible portion of the plant developing is the crop approved for human consumption, she adds. (For most Lowcountry growers, that date occurs this week.)

[Read the entire article by clicking here.](#)

### Only 3 Markets Left!

It may be hard to believe, but after 27 weeks we are left with only 3 markets until the end of our season. The year has been memorable and we have many people to thank.

Firstly, the market wouldn't exist with out our wide ranging cast of diverse vendors. This would all be for naught were it not for our faithful customers that come out week after week to support our efforts.

Each week you will notice our sponsors, as listed on page 3, and their support is greatly appreciated. We need to also thank our volunteers, The Master Gardeners, our associate market manager, Joe Dorton, and our music maker, Keith Tracy. We were also fortunate to have two student volunteers for part of the year and we thank Katelyn Robinson and Chandler Bailey for their assistance. See you Tuesday.

#### November Schedule

Keith Tracy	3
Keith Tracy	10
Keith Tracy	17
Last Market	24



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## Market Flash

Stan Perry  
Clemson Sandhill REC  
900 Clemson Road  
PO Box 23205  
Columbia, SC 29224

Phone: 803.699-3187  
Email: [shrec@clemson.edu](mailto:shrec@clemson.edu)

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## Thank You Westwood High School

The Haunt at Sandhill wrapped up this past weekend. The Drama Department of Westwood HS, under the direction of Dr. Anne Richardson, did an amazing job of taking on all of the acting roles necessary to make the Haunt come alive.

We also want to thank the many visitors who had the courage to explore our haunted trail and moonlight sorghum maze. While we heard a lot of screaming, almost everyone was smiling as they left.

A special thank your to Bill McCracken for assisting with the logistics and to Westwood senior, Katelyn Robinson and Ridgeview senior, Chandler Bailey for their help in setting up and breaking down our haunted trail.

## Support Your Local Famers Markets

While we hope to see you every Tuesday afternoon during the season there are other Farmers Markets in the area which need your support.

You will find many of our vendors at these fine markets as well.

Wednesday: [Blythewood Market](#)

Thursday: [Lake Carolina](#)

Saturday: [Kershaw Market](#)

Saturday: [Soda City Market](#)

## November 3rd Market Photos



*The Sandhill Farmers Market... where fun, food, and community come together.*

# Home and Garden Tips

## Preserving Pumpkin & Winter Squash

### Cooking

*More tips from Clemson's Home and Garden Information Center.* The easiest way to prepare the pulp of pumpkin or hard winter squash is to bake it in the oven. Wash the pumpkin or squash and cut in half crosswise. Remove its seeds and strings. Place the halves in a pan, shell side up. Bake in a 325 °F oven for one hour or more until the flesh becomes tender and begins to fall apart. Scrape the pumpkin or squash from the shell and put through a blender or food processor to form a smooth consistency. The pulp may be frozen for use later, but the pureed pulp cannot be safely canned. For canning, use only cubed pumpkin or winter squash.

### Canning Cubed Pumpkin & Winter Squash

Pumpkin and winter squash should have a hard rind and stringless, mature pulp of ideal quality for cooking fresh. Small pumpkins (sugar or pie varieties) make better products. Winter squash varieties include acorn, banana, buttercup, butternut, golden delicious and Hubbard. **CAUTION**—Spaghetti squash will not stay cubed when cooked and must be frozen instead of canned. Wash, remove seeds, cut into 1-inch slices and peel. Cut flesh into 1-inch cubes. Add to a saucepot of boiling water, and boil two minutes. **CAUTION—Do not mash or puree.**

Pack hot cubes into hot jars, leaving 1-inch headspace. Fill jar to 1 inch from top with boiling hot cooking liquid. Remove air bubbles. Wipe jar rims. Adjust lids. Process in a dial-gauge pressure canner at 11 pounds pressure (12 pounds pressure between 2,001–4,000 feet) OR in a weighted-gauge pressure canner at 10 pounds pressure (15 pounds if above 1,000 ft. altitude). Process pints for 55 minutes and quarts for 90 minutes. To make pies using canned pumpkin, drain liquid from jars and strain or sieve cubes.

[Read the entire article by clicking here.](#)

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## Turkey Time

From our friends at [Delish.com](#) comes their top 21 ways to prepare this Thanksgiving staple.

Turkey can be prepared in a variety of ways and this article challenges those standard tried and true methods starting with Herb and Citrus Butter Roasted, the new Southern staple Fried Turkey, the French homage with Herbes-de-Provence rub, a Pear Thyme Brined offering and a truly

interesting Bacon Maple Orange version. [Check out all 21 recipes by clicking here.](#)



*See how many of these ingredients you can find at the Sandhill Farmers Market!*

***Our Market Supporters: [AgSouth Farm Credit](#), [Columbia NE Kiwanis](#), [Spring Valley Rotary Club](#),***



## Listing of 2015 Farmers Market Vendors

The Sandhill Farmers Market is fortunate to have the participation of so many quality vendors. Their selections run the gamut from fresh produce, fruits, seafood, wood crafts, fabric crafts, baked good, plants, shrubbery, natural personal care products, prepared foods and more. Some vendors are with us for the entire 30 week season, some for half of the season and others on a week to week basis. Following you will find a listing of the hard working entrepreneurs waiting to greet you. All of those in ***bold italics*** have links built in. Please note that not all vendors are able to participate in every market.

Name
<b><i><u>Asya's Organic Farms</u></i></b>
Isom's Delights
<b><i><u>The Peanut Man</u></i></b>
<b><i><u>The Crescent Olive</u></i></b>
<b><i><u>Mercer House Estate Winery</u></i></b>
Junior Chefs
AAA Greenthumb
Martin Farms Produce
<b><i><u>Erbe</u></i></b>
Paparazzi Jewelry
<b><i><u>The Belgian Waffle Truck</u></i></b>
Bee My Honey
<b><i><u>Chill Out Pops</u></i></b>
Lexington Shades of Green
Penny's Quilts and Gifts
<b><i><u>Lane Specialty Gardens</u></i></b>
<b><i><u>Sunny Cedars Farm</u></i></b>
CSD Enterprises
The Veggie Patch
It's My Sister's Fault
<b><i><u>January Remington</u></i></b>

Name
<b><i><u>Southern Sky Yoga</u></i></b>
<b><i><u>Leesville Aquaponics</u></i></b>
<b><i><u>Trail Ridge Farm and Dairy</u></i></b>
Ms. Zessie's Specialties
<b><i><u>Jamerry Nails</u></i></b>
<b><i><u>Palmetto Polar Snow</u></i></b>
<b><i><u>Doswell Farm</u></i></b>
<b><i><u>Chi Design</u></i></b>
<b><i><u>Livingston Farms</u></i></b>
Ashley's
<b><i><u>Old McCaskill's Farm</u></i></b>
The Bird Man
<b><i><u>Nanna's Naturals</u></i></b>
Conyer's Farms of Kingstree
<b><i><u>Company of OHS</u></i></b>
<b><i><u>The Shrimp Guy</u></i></b>
<b><i><u>Boutique Poulet</u></i></b>
Bradham Farms
<b><i><u>Palletdepo</u></i></b>
<b><i><u>The Creative Cat</u></i></b>
Cakes and More by Angela



<b><i><u>Congaree Milling</u></i></b>	<b><i><u>McCurley Farms</u></i></b>
Shortcake, LLC	<b><i><u>Penny's Naturals</u></i></b>

Each week we talk with perspective vendors interested in participating at the Sandhill Farmers Market. If you would like to become a vendor please visit our [market page](#) and view the vendor information along with the vendor application found in the right hand navigation pane.

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